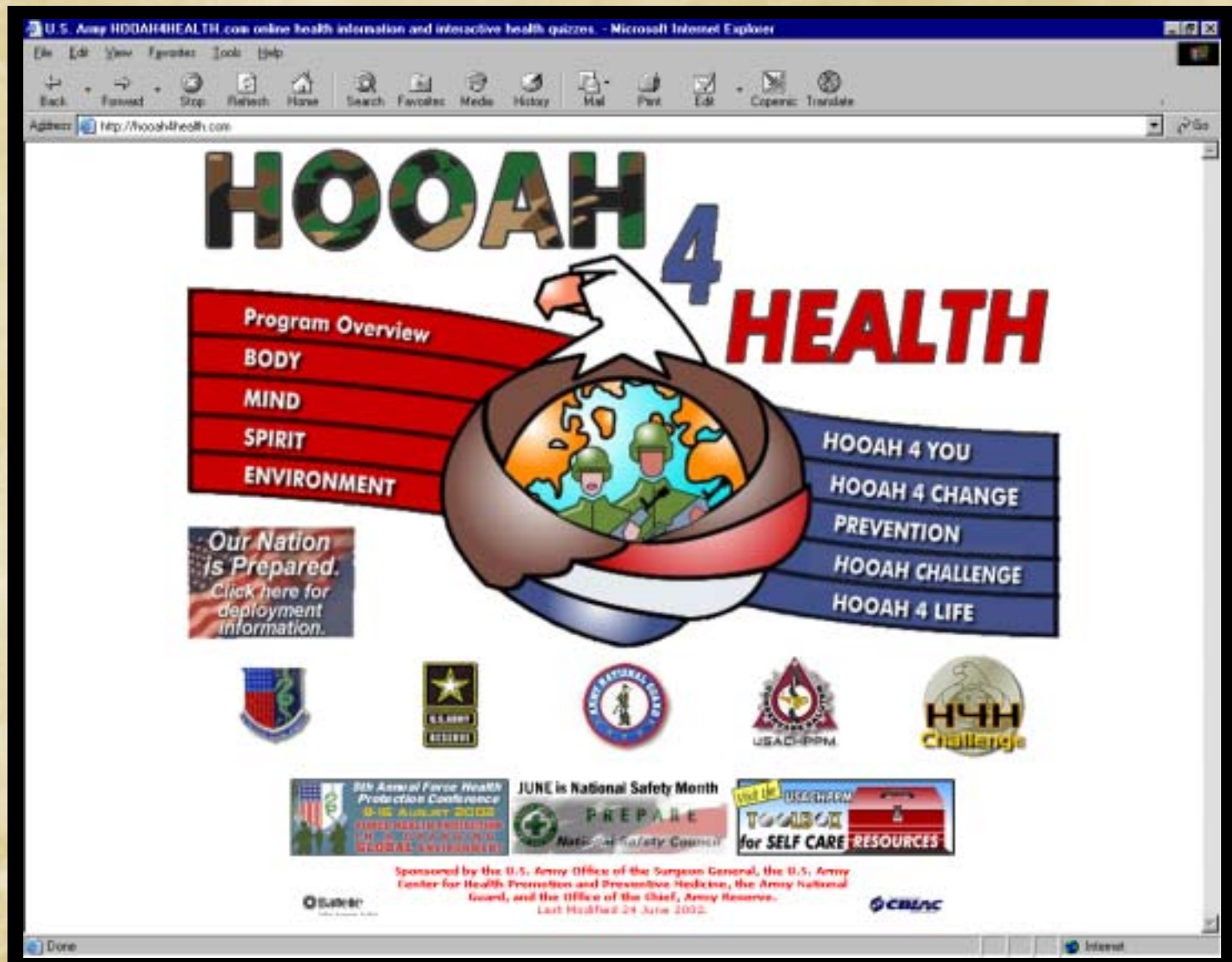


# H4H Web Site



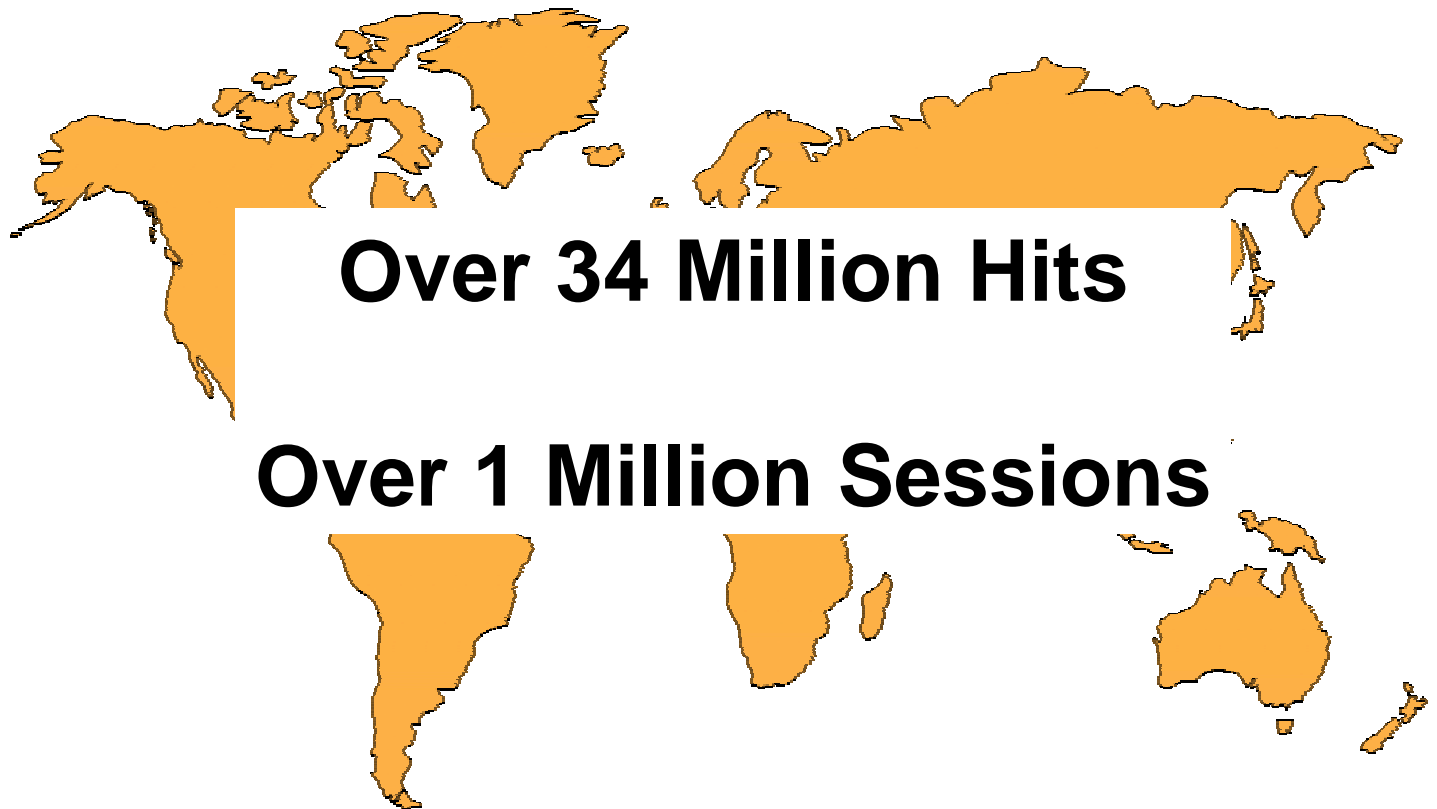
# H4H Web Site

- **Health Promotion, Prevention and Wellness Modular Content**
  - Body
  - Mind
  - Spirit
  - Environment
  - Prevention
  - Stages of Change
  - HOOAH CHALLENGE Correspondence Course
- **HOOAH 4 You & Life**
  - E-Newsletter
  - Family issues and resources
  - Interactive health calculators and tools
  - Government resources, links & health events calendar
- **USACHPPM Toolbox**
- **Site search and site map**
- **User comment and feedback mechanism via web site administrator to H4H Project Officer**



# H4H User Statistics

## Visitor Sessions



# USACHPPM Toolbox



# HOOAH 4 HEALTH

## DEPLOYMENT

[Deployment](#) [Homeland Defense](#) [Family Matters](#) [Benefits Signpost](#)



**America on Alert**

[Click here for information.](#)

- Program Overview
- BODY
- MIND
- SPIRIT
- ENVIRONMENT

DEPLOYMENT

HOOAH 4 YOU

healthy 4 2003

PREVENTION

The HOOAH CHALLENGE

HOOAH 4 LIFE

4 family

links

SEARCH

SITE MAP

HOME

 **H4H Photo Album**

 [Printable Version](#)

## DEPLOYMENT

*"We ask a lot of those who wear our uniform. We ask them to leave their loved ones, to travel great distances, to risk injury, even to be prepared to make the ultimate sacrifice of their lives. They are dedicated, they are honorable; they represent the best of our country. And we are grateful."*

- Presidential Address to the Nation, October 7, 2001.



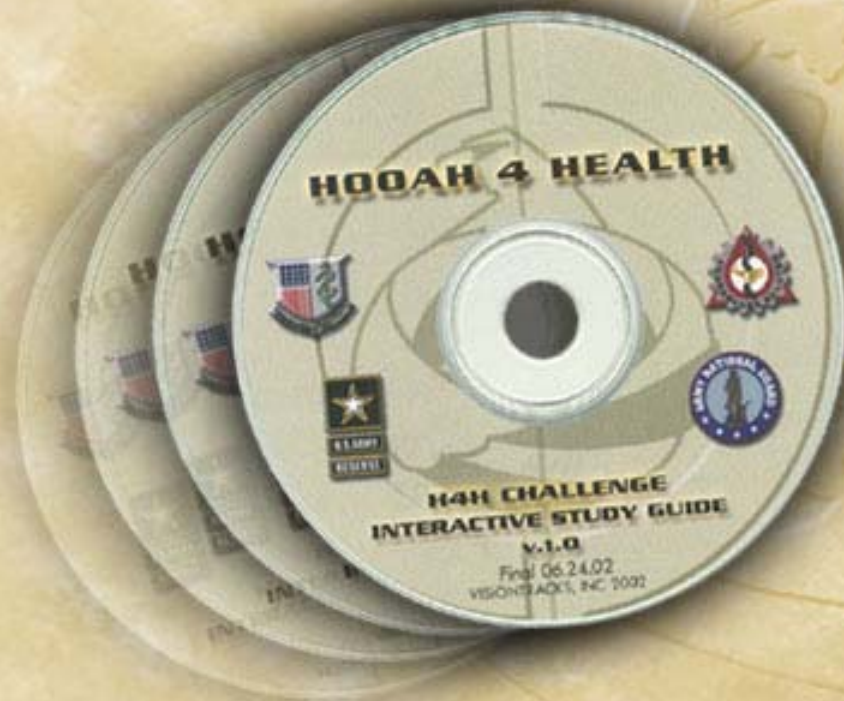
- Deployment Pages -



### The Online Deployment Globe

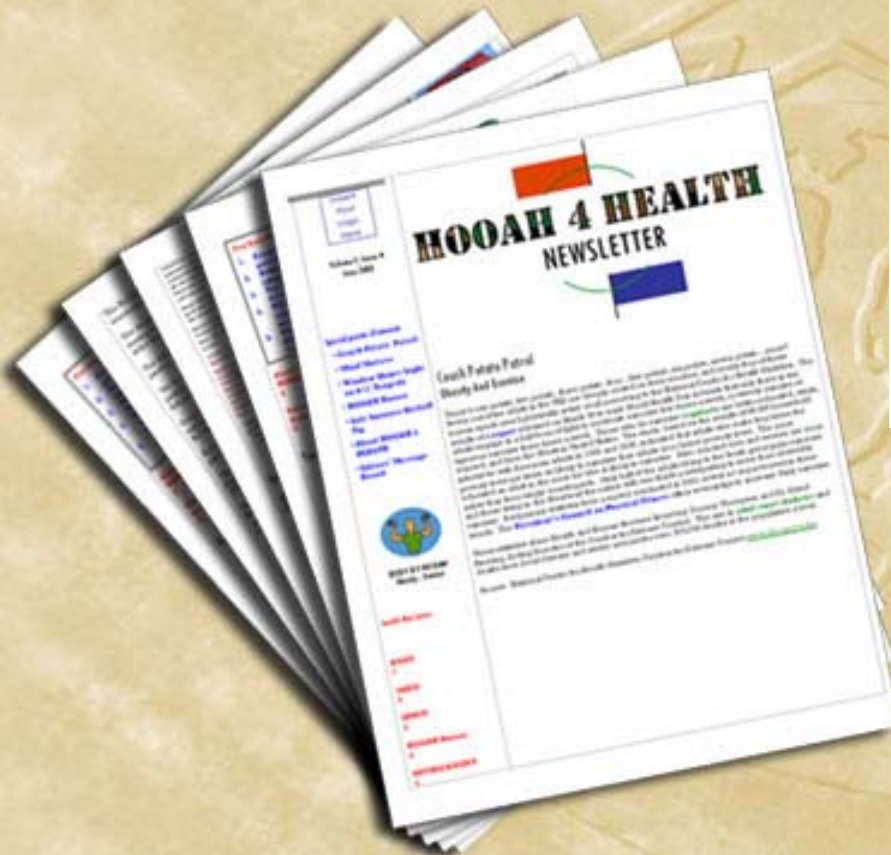
Are you being deployed? Do you have a family member or friend who is being deployed to another country? Find out about deployment areas by clicking on the globe.

# H4H Challenge and CD-ROM Study Guide



# HOOAH 4 HEALTH

*E-Newsletter*



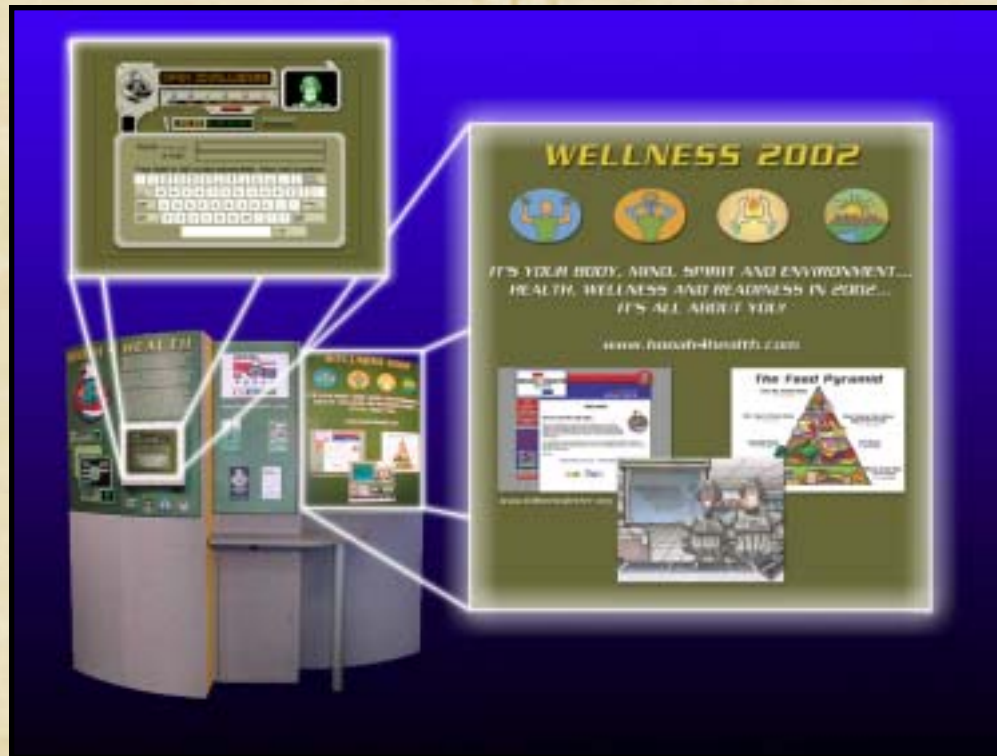
## HOOAH 4 HEALTH NEWSLETTER

Extra, Extra...Read All About It!  
The New H4H Newsletter is Now  
Available Online at:

[www.h4hnewsletter.com](http://www.h4hnewsletter.com)

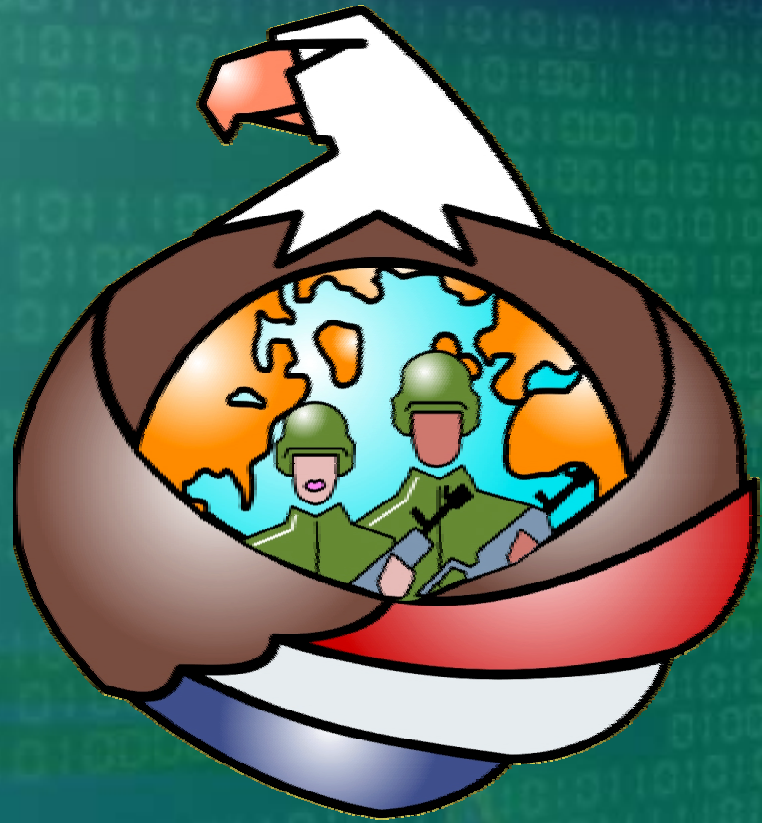
# HOOAH 4 HEALTH

*Educational Kiosk & Interactive Exhibit*



***Vision***

***...the FUTURE  
of H4H***





[What is Ready.gov All About?](#)

[News Flash Archives](#)



[HOOAH 4 HEALTH main page](#)

## New Nutrition and Fitness Resources

– External Links –

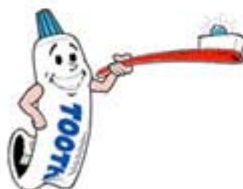


### [Medical and Dental Care for Reserve Component Members and Their Families](#)

Members of the reserve component who are called to active duty for more than 30 days are eligible for TRICARE, the same as any active duty service member. Families of these individuals also may become eligible for TRICARE if the sponsor is called to active duty for more than 30 days.

### [What is Cholesterol and How do You Manage It?](#)

Cholesterol can be good AND bad, so it is important to learn what cholesterol is, how it affects your health, and how to manage your blood cholesterol levels. High cholesterol is one of the major risk factors for heart disease.



### [February is National Children's Dental Health Month](#)

Every parent knows that a healthy smile is a sign of a happy child, and oral health experts agree that creating those healthy smiles begins in infancy. Experts from the Centers for Disease Control and Prevention (CDC) have developed a set of pediatric oral health tips, *Brush Up on Healthy Teeth: Simple Steps for Kids' Smiles*.

### [Don't Let Your Smile Become Extinct!](#)

According to the Centers for Disease Control and Prevention, dental caries remains the most common chronic disease of children aged 5 to 17 years-5 times more common than asthma (59 percent versus 11 percent).